



National Nutrient Database for Standard Reference  
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Statistics Report 35156, Oil, spotted seal (Alaska Native)

Report Date: July 16, 2017 03:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	0.25	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Energy	kcal	894	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Energy	kJ	3740	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Protein <sup>1</sup>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Total lipid (fat) <sup>1</sup>	g	99.32	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Ash <sup>1</sup>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/2008
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006

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Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Iron, Fe <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Magnesium, Mg <sup>1</sup>	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Phosphorus, P <sup>1</sup>	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Potassium, K <sup>1</sup>	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Sodium, Na <sup>1</sup>	mg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Zinc, Zn <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Copper, Cu <sup>1</sup>	mg	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

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Manganese, Mn <sup>1</sup>	mg	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Selenium, Se <sup>1</sup>	µg	2.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Thiamin	mg	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Riboflavin	mg	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Niacin	mg	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Pantothenic acid	mg	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Vitamin B-6	mg	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Folate, total	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Folate, food	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Vitamin A, RAE	µg	1044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol <sup>1</sup>	µg	1044	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Vitamin A, IU	IU	3480	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	6.28	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Tocopherol, beta <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, gamma <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, delta <sup>1</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin D (D2 + D3)	µg	0.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009

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Vitamin D <sup>1</sup>	IU	30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
<b>Lipids</b>													
Fatty acids, total saturated	g	14.740	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
8:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
10:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
12:0 <sup>1</sup>	g	0.100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
14:0 <sup>1</sup>	g	4.880	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
15:0 <sup>1</sup>	g	0.280	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
16:0 <sup>1</sup>	g	8.810	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
17:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0 <sup>1</sup>	g	0.670	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
24:0 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Fatty acids, total monounsaturated	g	54.520	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
14:1 <sup>1</sup>	g	0.560	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
15:1 <sup>1</sup>	g	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
16:1 undifferentiated <sup>1</sup>	g	10.960	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
17:1 <sup>1</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:1 undifferentiated <sup>1</sup>	g	21.940	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

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20:1 <sup>1</sup>	g	15.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:1 undifferentiated <sup>1</sup>	g	5.850	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
24:1 c <sup>1</sup>	g	0.130	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Fatty acids, total polyunsaturated	g	18.060	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
18:2 undifferentiated <sup>1</sup>	g	0.950	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:3 undifferentiated <sup>1</sup>	g	0.790	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:4 <sup>1</sup>	g	0.970	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:2 n-6 c,c <sup>1</sup>	g	0.200	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:3 undifferentiated <sup>1</sup>	g	0.100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:4 undifferentiated <sup>1</sup>	g	0.720	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA) <sup>1</sup>	g	3.930	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
21:5 <sup>1</sup>	g	0.280	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:4 <sup>1</sup>	g	0.160	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:5 n-3 (DPA) <sup>1</sup>	g	3.440	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:6 n-3 (DHA) <sup>1</sup>	g	6.520	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
<b>Other</b>													
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD